

FACILITATOR
Cindy Shoemaker, NCC, LPC

Cindy Shoemaker is a Licensed Professional Counselor. She has over 30 years experience in developing and facilitating small groups, seminars, and workshops.

She specializes in working with people who are experiencing a separation or divorce.



**BROKEN
RELATIONSHIPS
CAN BE
DEVASTATING,
BUT THERE
IS
HOPE
FOR
RECOVERY**



**SEPARATION
AND
DIVORCE
RECOVERY
SUPPORT
GROUP**

It takes a long time and a lot of work to heal from the breakup of a relationship. Come and join our six-week divorce recovery support group. All are welcome who are recently separated, have been separated for a long time, are recently divorced, or who have been divorced a while and need some additional support in dealing with the many issues related to the painful traumatic, and emotional experiences of separation and divorce.

What can I expect if I attend this group?

- To meet other men and women who are experiencing and feeling the same things.
- To be in a comfortable environment where I can learn more about myself and what I'm going through right now.
- To hear some presentations on the subject of divorce, loss, regaining myself, etc.
- To learn that no matter where I am right now in my separation or divorce process, I'm going to be O.K.
- To gain insight and hope for my future.

Dates: Monday evenings

September 14 – Oct. 19, 2015
November 2 – December 7, 2015

Time: 7:00 – 8:30 P.M.

Place:

The Wholeness Center
19 S. Main Street (on the square)
Chambersburg, PA 17201

Cost: \$10.00 per person (this covers all six weeks) to be paid at first class



Please Register by emailing
cshoe0815@gmail.com. If you do not
have email, call Central Presby.
Church at 717-264-4113 ext. 0

For more information, email Cindy at:
cshoe0815@gmail.com and put Divorce
Support Group in subject line.

Topics that may be incorporated into discussions:

- *What do I do with all these feelings?
- *How do I adapt to being without a relationship?
- *What do I do with all this stress and anger?
- *How do I use this painful experience as a time for self-exploration and personal growth?
- *What are God's plans for me?
- *Who constitutes my support system?
- *What are my needs right now, and how do I go about getting them met without sacrificing my beliefs and morals?
- *How do I know when I am ready to think about moving on to a new relationship?
- *How do I regain custody of myself and become a whole and healthy person?